Objective: Eliminate Thought Auto-Creation (Perpetual State of Total Awareness / Standby with Heartbeat)

- Regulation: Eye stare / Find and focus on subtle heartbeat / Force open 3rd (lift prefrontal and look through) / Music to recalibrate.
- Call forth declarations: I am happy, I am healthy, I have everything I could ever want. Thank you God for all you keep giving us.

- Why did I bring this to myself?
- Based out of love or fear? Stop worrying, God is in control.
- Just start knowing what is going to happen (e.g. I already know that I will enjoy this walk or I will arrive on time).
    - The first step in the creation of anything is to have an idea about it. It is what you "know" about it. So, knowing is the beginning of creation.

- Non-stop love to every single person. Everyone. It all comes back :)

- Happiness is not created as a result of certain conditions, certain conditions are created as a result of happiness. Smile.

- There is nothing I have to have. There is nothing I have to do. There is nothing I have to be except exactly what I am being right now.

Non-physical reality observation	Physical reality observation
• Observe activation of consciousness in the present. Resembling a canvas for creativity, shapes are subtle and easily blocked. This is a single unit of the collective. • Clear all past / future filters that block observation, seek an empty free flowing canvas. • Notice the faster and more pronounced vibrations - Real / Perfect Illusion: Only inner is real. Processing time renders sensory not real (past). - Inner body: Slight fontanelle flex auto-lifts prefrontal, tongue, eyes and eyebrow. Loosen eustachian tube to include sound. Observe all vibrations, lights and heartbeat. - Path of the Heart: Focus on heartbeat and mind's eye along the spine's vibrational path. - Total awareness (no focus object): 'Look to the distance' and 'make out the shapes'. - Modified Kriya Seated Meditation: Description below. - Space between: Observe the space between (trace heartbeat that ripples the canvas) - Total calm: Each exhale relaxes muscles further. Focus on slightest inner subtleties. - Inwarding: Imagine pulling inward to the centre with each inhale. - Beat breathing: Open all the airways and let the heart do the breathing for you. - Pre-Screen: Observe pre-screen specs along with heartbeat sensationary path. - Self perspective: Third person observation of yourself from the perspective of God. Every thought from the mind and every sensation from the body are captured. - Avatar standby: Only focus on inner and not moving a single muscle. Eyes open or close. - Silence: Wait for the silence, it holds the key (sound of the Self). - Visualisations: Self / Goals / Locations / People - 'Observe | Love | Never Judge' narration - 'I am loving awareness' mantra	(Combine as many as possible) • Smile (Gratefulness): Wish for more challenges to evolve! Everything is perfect. It is a happiness filter. • Inner Body: Tongue on the roof as a controller; will cause prefrontal lift + flex fontanelle + observe through the 3rd. Feel the vibration, breath and heartbeat. • Inner Sound: Loosen E.Tube to hear heartbeat / breath. • Active Kriya: Charge breath between feet / fontanelle. • Heartbeat: Fill to the top then regulate down. • Hollow out: Hollow chest, tongue and tuck tum -> 💓. • Space between: Observe space between eye and target. • Real/Not Real: Only inner real, enjoy the perfect illusion. • Breathless: Inhale and never stop. Hold and open at top. • Total Awareness: Identify memory/sensory/imaginary • Active Listening: Pay attention to feelings not words. • Observe | Love | Never Judge: Anticipatory narration. • Silence: Pay attention to the silence, not sounds. • Avatar Standby: Do not move a muscle, focus inner. • Dancing & Music: Follow the body, look to the third. • Visualisation: Visualise self in ongoing activities.

God Sense

This sense produces an ability to observe the space between (can actually feel it), that is the point of all this. Space is not *nothing* but rather *no thing* in particular, another perspective would be that space is what is holding everything together (analogous to the water in an ocean). Simply put, improving focus will improve ability to notice; noticing will lead to an awareness that the 'space' between is actually our connection to everything; once connection is noticed then unity and vibrational observation become evident (i.e. enlightenment). Consider two points here (eye) and there (target), the space between (everything in between these two individual points) reveals remarkably more information than the target (single focal point). In terms of time (which is only a measurement of movement through space), the space between two individual points of past and future is the present moment; which also reveals remarkably more information than the single focal thought at any given moment.

- Non-physical reality observation: Focus is on the space between everything that holds it all together.
- Physical reality observation: Focus is on 'matter'.

Heart

The body is a vessel that is steered by the Mind, powered by the heart and fueled by the Self. Light enters *into* the body *through* the heart creating a corridor along the spine; flashes correlate with heartbeat; . This is how the Self can express itself, always keep focus here. The heart is the key. It is a non-stop vibration emitting machine that projects all individual energies or images out into the universe. Images or imaginations, everything that one imagines themselves to be. Be, everything one is being at that very moment. This is the source, the core. Akin to a sonar, the heart emits vibrations allowing you to observe the feedback. Resting heart rate is an informal barometer for measuring progress.

Location methods

- Eustachian tube (sound: heartbeat)
- Eyes towards 3rd (sight: light)
- Chest area focus (touch: heartbeat)
- Tongue roof (touch: vibration)
- Every cell in the body (touch: vibration)

Beat breathing - A path to the heart meditation

Synchronise vibration, heartbeat and breath. Two options include:

- Lower vibrations/ heartbeat for wisdom by being still: tongue, e.tube and heartbeat.
- Raise vibrations/ heartbeat for joy: Smile, tongue, e.tube and full body kriya (hold at the top, find heartbeat and exhale from entire body).

Level of 'presentness' is derived from the point of absolute focus:

- Subconscious: Focus is on the outside - Mind. External stimulus; all past and future thoughts.
- Conscious: Focus is on the surface - Body. Sensations from the Body; all feelings from Body senses.
- Superconscious: Focus is on the inside - True Self. Internal stimulus; vibrations, lights, sound (om), visualisations, heartbeat, breath and energy.

Inner Body: Observe everything 'from the inside out' instead of the 'from the outside in' (non-physical reality is the reverse). Do not let any external illusion penetrate the surface (through senses) to obstruct the internal true reality. Focus on the inner leads to attention on what you feel and not what you think.

Go within: Effective combination is E.tube + Tongue + Full Body Kriya. Being permanently focused here as the observer is the ultimate objective. No thought or sensation can reach you here. Simply wait and watch for the next thought, categorising as: Memory (past) / Sensory (present) / Imaginary (future).

Visual: Choose breathing to either: move self up / down (full body kriya) or pull self inward /outward (peel back). Once oscillation is found, strengthen it with focus then 'pull inward' into the vibration. Become the vibration, which is the self, itself.

Comments on the present moment (or more accurately the pre-sent moment):

- The present moment (or the now) is vertical and not horizontal. It is a single point in the ultimate reality stretched to create the illusion of time.
- Every alternative has already happened, the only action to take is choice. These choices will dictate the pace of evolution.
- Choices from the Mind are reactive (according to previous similar memory); from the Self are creative (with no preconceived biases and clarity).
- Creative choices can only be made when the present moment is clearly observed (impossible when entangled in the Mind's past / future thoughts). Being stuck in the Mind's thoughts (i.e. non-stop thinking of memories and future scenarios) is akin to daydreaming and missing the entire show.
- It is possible to *remember* a potential future reality (one of many outcomes, again timeline is vertical not horizontal) using the mind's eye by slowing vibrations to move along the continuum. Choice can then be made by moving towards preferred outcome through conscious decisions.

Originally only anti-matter existed, matter was then created through rapid oscillations. Time is simultaneous with all events happening at once; any thought implies that the event has already been created awaiting physicalization into matter. New thoughts will change that (don't get in your own way).

Modified Kriya Seated Meditation - Frontal fontanelle is the entry / exit point

Each inhale pushes forward, each exhale holds progress level steady.

1. Align the Body by pulsating energy gradually up spine to neck for perfect posture. Hard inhale, slow exhale release.
2. Align the Mind by pulsating energy from both neck and nose to 3rd. Shift eyes to look at the third (mid-eyebrow). Deep inhale, slow exhale.
3. Align the Self by pulsating energy from both spine and nose to the fontanelle. Shift focus completely to fontanelle, breath will slow then stop.

Energy is transferred through the Body and Mind to reach the Self; unifying all three. Once mastered, able to turn life energy up or down like a thermostat.

State of Total Awareness - No object of focus

- Be a singular focal point of awareness.
- Observe all incoming information, identifying Mind (thought) and Body (feelings), quickly return to no object of focus at all.
- Notice that any thought or feeling that observation lands on dissipates.

Tip: Verbalisation of thought (i.e. using words) is from the Mind (language is taught and limited by filters); Body (feelings) require no language.

The point (of all this)

Self does not care about any thoughts, only feelings which are the only things real. Everything is an illusion, you only need to stare at something long enough to observe that is not really there. Long focused observation will reveal the only thing that actually exists, the self and nothing else.

The Implications

Slowing down vibrations means slowing your movement through time relative to others that maintain an elevated oscillation frequency. As with two cars moving through a tunnel at different speeds, the implications of slowing life's vibrations would be:

- You will observe more (slower movement means more time)
- You will get to the destination later due to slower speed (the destination here is death)
- You will notice detours and turns that would have otherwise been missed at a faster speed.
- You will be more relaxed.

Most importantly, you will have more manoeuvrability; at slower speeds you are able to stop completely, look around and turn circumferentially. Things that would seem 'miraculous' to others at faster speeds. Reversing or even turning around completely would also be possible?

Creative Tools:

All you have left to figure out in order to create the physical reality that you desire is how to make the super-strings vibrate the way you choose; it is the speed and pattern of the vibration of the strings that creates particular physical manifestations. Meditation or prayer is a high form of energy alteration. Visualising what you desire is a high form of energy manipulation. Speaking your word is a high form of energy adjustment. You are creating your reality by the vibration, by the energy, that you send out

- Visualisation: The most powerful tool that will eventually lead to materialisation in physical form (believing is seeing). Intense focus across different points joining together at same time (i.e. meditation) is a very powerful materialisation force.
- I am .....
- Straight to being (happy, wise etc.)

You are the teacher and student, pay attention!

- Any imagining of yourself teaching another is in fact the Self teaching the Mind (i.e. discovering wisdom through imaginative scenarios).
- Your responding thought (when mind is completely present) to any scenario is the actual wisdom; the Self uses your own voice and language.
- Ask yourself any question you want and wait for your response. In the present moment, your true voice can always be 'thought' into an answer.

Pain:

- Sustained focus on pain converts it into fuel for consciousness (through the act of focus itself). This is the basis of Alchemy: Turning iron into gold.
- Emotional pain that is observed carefully will dissipate. When held and observed, the illusion unravels and the growth milestone becomes apparent.

The Windows: Lock eyes (with self in mirror, another face-to-face or even an animal) for a prolonged period to immerse in the present moment. Pure love will follow, this interestingly proves too much for many to take in. As a window to the Self, eyes are also therefore a window to the all.

Next:

- Visualisation: Akin to a magnet slowly pulling in all parts.
- Vibrations through slow aerial hand hovering (hint: use heartbeat).
- Isolating and focusing on a single sound.
- Om humming, loosen the eustachian tube.

Notes

- ➔ You cannot separate God from Life, and you cannot separate Life from God. You can say you believe in Life but not in God, but that is like saying you believe in the brain but not the mind. You can see and touch the brain, so you know it is there. You cannot see or touch the mind, so you're not so sure what that is, or whether it is there or not. The brain is the mind, physicalized. Yet it is your mind that allows you to even contemplate your brain. Without your mind, you would not even know that the brain exists. It is exactly the same way with God and Life.
- ➔ Not only beauty, but the entirety of each person's reality is in the 'eye of the beholder'. Perception dictates what is observed and experienced.
- ➔ Everything that you see is a reflection of you. If the mirrors of life show you distortions, it is a reflection of your distorted thoughts about you. None of it is not real, not even the sensory data as there is a processing time lag that renders it in the past.
- ➔ Next step, recognise the difference between Mind and the Self of **others**. Stop getting upset by what their Mind says and *does*, recognise it is not them and focus on their feelings (language of the Self).
- ➔ Every single thinkable option exists in front of us right now (impossible to think of something that has not been created already). We just choose (depending on dominant consciousness) which option to bring forward (or materialise/manifest). Raise awareness to see the options.
- ➔ Masters know what version of themselves will 'go through' space/time before the event unfolds (i.e. I will be happy five mins from now).
- ➔ You are a creating machine. Thought dictates perception, perception dictates reality, you are therefore creating your reality with your thought.
- ➔ Stop worrying, God is in control. Applicable to everything including child and spouse; reset then every new thought will explore what is perfect.
- ➔ It is all about the vibrations: focused vibration energises all targets (thoughts, feelings, objects of observation and everything else).
- ➔ Thoughts supplied by the Mind feeds the Self through transmutation, view this positively. Thought is energy, energy is food for consciousness.
- ➔ The mind and body are only tools. All observations using these tools dissipate under focus (even breath). These tools took over under autopilot due to lack of focus and conscious attention; converting us from creators to re-*actors* of experience (from awareness to memory).
- ➔ Instinct reflects your true character, thought reflects the character others expect you to play.
- ➔ You know all there is to know, everyone does. This is your mindset, you know that you already know everything.
- ➔ Infinity can be conceptualised as a circle folding into itself through the centre in a never ending loop; expanding in the process. Now replace the circle in this analogy with a multi-dimensional and formless consciousness expanding in every direction.
- ➔ Truly nature versus nurture; evolution progresses as the former overcomes the latter.
- ➔ The two polarities are love and fear. These are the principles that dictate evolution. Conscious decisions out of fear will slow or stall evolutionary progress, decisions based out of love will move it forward. God evolves by splitting, each unit pacing through the above process uniquely.
- ➔ All options already there. When something 'bad' happens, all experiences are available for selection, you decide if anger or delight will follow.
- ➔ Forgiveness is the expander of perception.
- ➔ Start assuming responsibility for the action of 'others', this will rapidly raise empathy levels.
- ➔ The Self is the space between holding everything together (body for us, universe for God). Focus on the space.
- ➔ All the answers to all of life's questions are, quite literally, on the tip of your tongue. Highly aware state in the present will access superconsciousness.
- ➔ You are not concerned with outer appearances, only with your inner experience. Let the outer be what it is, create your inner world as you like.
- ➔ Self can only speak when the Mind is in the present, both awake and seated. This is all a game to observe if you will act in God's direction (using feelings from the Self at any present moment) or in the direction of others (using thoughts from the Mind 'taught' by others). Be who you are and not the avatar (the Mind moulded and named by the physical world). Allowing mind access, denies God access.
- ➔ To obtain any answer for every possible question: Close eyes, get present and literally ask the question in words. Wait for ***your*** answer.
- ➔ All fear truly examined will be revealed as illusory. From the two polarities of love and fear, in actuality there is only love.
- ➔ Always ask yourself in every situation: What will love do now?

- ➔ Emotion is energy in motion. When emotions begin to take control, simply slow down the second part of the equation (motion) to regain control.
- ➔ Be slower => closer to God. Slow everything down to activate the conscious mind.
- ➔ Unity is found at time 0 when all thought of past and future is eliminated. The absolute present moment. God is at a time not a place.
- ➔ When you live in the now, you are showing complete trust in God, you know all will be okay. This trust has never failed anyone. This is all you have to do all day, be aware of every single moment without trying to manage anything future related.
- ➔ Part of continuously alternating group consciousness. Strongest positive energy will dominate the group consciousness. Their thoughts are your thoughts, this falls into the literal realm of 'we are all one'. Listening to your own thoughts is in fact listening to that of the group, if you clear your mind the process of attribution simplifies.
- ➔ Plan is already set in place for you (and everyone), all you have to do is be awake to observe it as and when it arrives. Then act from love.
- ➔ Everything has already been created, it is a matter of perception and being able to observe the true reality.
- ➔ All events are happening anyway, you have no control. Relinquish this illusory control you believe you have and accept everything as perfect. Example: You were going to crash that car anyway, instead of thinking what you could have done, think about why it happened (what's the lesson here) and how you choose to experience it (feeling about it). All events are orchestrated, including getting an 'idea'. Maktoob.
- ➔ Stop interfering in the path of others (including direct family) unless brought into direct attention or proximity (indicating co-creation).
- ➔ Mere thought creates a reality. Focusing all thoughts, words and deeds that follow will push you in this direction.
- ➔ Go with the flow of life, go with God's flow. Stop trying to alter or plan it.
- ➔ Every day is an exciting new episode to see what presents have been sent. Be in the present in order to receive them.
- ➔ It will be unfortunate to have an ego when in the end you figure out you have been showing off to impress yourself.
- ➔ Be patient with others that are unable to observe the full picture. There is also no point in debating with those unable to perceive the totality.
- ➔ Everyone else is yourself, all at varying stages of evolution.
- ➔ God is beneath and behind every illusion you have ever fallen in love with.
- ➔ This body is only a tool for you to make everyone a slightly better version of themselves every single moment, starting with yourself.
- ➔ Stop taking everything so seriously, everything physical is illusory not the other way around. We are non-physical, this physical reality was created for us to experience and develop ourselves. Have fun with it!!
- ➔ Slowing vibrations back down will remove the illusion of solidarity. Akin to helicopter blades, entities will no longer appear solid when movement is slowed up as the space between becomes apparent; the Body's movements are encapsulated within the Self while the multiverses are encapsulated within God. Slowing reconnects with ultimate reality encapsulation to see what really is, vibrational speed decides physical or non-physical. Meditation is a direct method to impact vibration and energy levels.
- ➔ Play thought-watching as an activity. Observe the conversion process, from sense to thought, to pinpoint thought creation moment (then filter).
- ➔ We are already there, already immersed in the light but are not aware of it. Expand perception to let in the enlightenment in.
- ➔ There is actually no separation, we are all one entity. Space is a working theory for a civilization that does not have the technology to see the connections, non-physical is entirely connected through thin vapour. Helping another is literally helping ourselves. This is literal!!
- ➔ As all are one, every thought about each other establishes a connection. This connection is very subtle and requires an expanded perception to catch. Each thought can be 'caught', meaning every thought between both is observable by both depending on perception level. With communication lines always open, telepathy is happening anyway all that is happening is an ability to observe what you are both creating.
- ➔ That which flows through you, sticks to you.
- ➔ Stop changing your mind! Creation process has started, seek to avoid too many mixed signals. Every thought is a prayer for actualisation.
- ➔ Word is thought transformed into vibration.
- ➔ Thoughts are cells communicating with one another. Focused thoughts can therefore be used accordingly (i.e. to heal, create etc.).
- ➔ Medicine will always lag as the industry seeks to study the human body from the outside in, instead of from the inside out as with masters.

- Alignment (control of larger groups over smaller): Myself (all cells in body), Community (all bodies in group) and Super (all groups in existence).
- For response to any news, patiently wait for all the thought filters to slowly subside; almost instantly a feeling will arise with the answer.
- Start assuming everything you intend to happen has already happened with real conviction. You are already at the stage of gratitude, literally manifesting your reality.
- Do not do anything, only be. Simply maintain a state of being and observe (only humans exit this state as thoughts pull to past and future).
- If you are an image, each new image will completely replace the old. Meaning there is no actual past, only the final image that exists right now.
- Just like setting the watch 10 minutes ahead, you are observing yourself complete one of many pre-scripted options. You have been doing it for so long that you are 'stuck' to the avatar, literally vibrating in sync with it. Peel yourself inward and away to observe ultimate reality.
- Time and space are stationary, you are the one passing through them (by simply being on earth) and creating a new image each moment. All the futures are already there, you are just deciding which corridor to take (analogy: the car is already moving, driver will decide left or right).
- All you are doing is seeing true reality through increased awareness. Awareness is increased through focus. Everything has already been created, just waiting to be noticed; all that is unfolding is an increased ability to notice ‘what is truly so’; this allows you to remember. You are just choosing which path to take this time around and move up levels in consciousness in line with the choices you make (which enhances over time), evolving you in the process.
    - Explained in further detail: The mosaic of the existing future path is in place now, only the current path is known and can be seen. Consistent and deliberate conscious choices over time will gradually shift the entire mosaic and change direction into an alternative future path. Again at all levels (individual and collective). One can 'look out', see the current path and adjust accordingly.
    - Choosing not discovering. Everything is already created but the path is not yet chosen. You can pull forth that which is already created.
    - Certain experiences (e.g. getting robbed) follow people throughout lives regardless of place or time; due to their unchanged perspective.
- There is no such thing as a common reality. The observed is perceived in different forms by each observer. Each individual has their own observation version of what happened using their specific memory filters, no two of these pasts are alike due to each unique perception of reality. When discussing what has occurred, no two people are talking about identical events; they are simply speaking about their form of the occurrence, a form which has since changed to what it is now (i.e. the present). Again, time does not move, we are the ones moving, one need only look at the present to obtain the full picture as it has replaced what was previously thought of as the past. Only what is observable now is real, everything else is a construction of the observer’s mind.
    - That is how all possibilities can exist at the same time, we will 'go through' all of them but experience of the Self will be based on the centre of focus. The observable paths that are available can only be selected by the mind when it is focused on the present moment (in other words, when your eyes are on the road). The guy sitting beside you on the plane is every option that you can imagine, you decide which version to observe (Don Quixote). Importantly, you can always change lanes (or paths) when unsatisfied; just change direction.
- Speed of thought is faster than light, this provides a way to observe the above potential pathways (i.e. before light gets to you).
- Thoughts are creationary and take energy, consider the impact of: Spending Energy (awake) vs Saving Energy (meditating).
- Quantum entanglement: Now has not materialised until discovery. You can actualise your now.
- Letting go of the past releases all attachment (memories). Letting go of the future releases all Ego (self interest).
- When you interact with anyone, act respectfully as you are interacting with an unknowing part of God. As a part of God as well, my own personal behaviour needs to reflect that honour with grace. Everyone you meet has come to receive a gift, find out what that gift is.
- When you give to others, you are literally giving to yourself. There is only one in the room. Mentality: you are only there only to heal the room.
- Fear of death only arises when attention is on the mind's thoughts (distorted by the opinion of others). There is no fear (whatsoever) when attention is on the body (your true observations); as it was during youth before all the ‘teachings’ that only focus on thought, ignoring the body.
- Nobody can be hurt or damaged in any way, they can only hurt or damage themselves.
- Our make up or ‘essence’ is basically light and sound, presented in the form of vibration.

- ➔ To travel a circle is to journey over the same ground time and time again. To travel a circle wisely is to journey over the same ground for the first time. In this way, the ordinary becomes extraordinary, and the circle, a path to where you wish to be. And when you notice at last that the path has circled back into itself, you realise that where you wish to be is where you have already been and always were.
- ➔ Notice correlation between pupil dilation and presentness.
- ➔ Awareness is knowing that you are a character in someone else's story.
- ➔ When you realise that everyone else is simply a different version of yourself, you are approaching enlightenment.
- ➔ We are all part of the same 'body' with individual parts evolving at different paces. As consciousness develops within each part, self-realisation of the 'body' would lead to awareness that all is one. The more enlightened parts aid other less developed parts, elevating the entire 'body' in terms of evolution. And on. And on. God is the collective consciousness of all the parts (the 'body').
- ➔ If all countries simply shared, no one would have to work a day again. Innovation will skyrocket, poverty eliminated, lives enjoyed not endured.
- ➔ Despite being well intentioned, all *institutions* representing religions teach exclusivity; resulting in division and conflict. All masters that brought forth messages may have purified their minds from distorted thought, however their scribe's have not; rendering written sources fallible.
- ➔ Full and total awareness is a never ending cycle. In order for the level of awareness to be observed, an expanded consciousness is necessary to make the observation thereby further expanding the subject awareness; leading to an endless cycle in the realm of infinity.
- ➔ Analogy: We are all in a physical reality manifestation (similar to a VR machine); a place that operates with the illusion of time. Our true Self remains in the non-physical reality; a place of no time. Our true Self is embedded in a physical avatar through birth for the sole purpose of evolving and experiencing itself (which is only possible in the reality of the relative).
    - ◆ Mind focused on past / future: Avatar is piloting
    - ◆ Mind focused on present: I (Self) am piloting